## Care Sector Fundraising Ball 2023 Food and Drinks

### Allergens Code:

(C) = Crustacean

(CE) = Celery

(D) = Dairy

(E) = Eggs

(F) = Fish

(GL) = Gluten

(L) = Lupin

(M) = Mustard

(MO) = Molluscs

(N) = Nuts

(P) = Peanuts

(S) = Soya

(SD) = Sulphur Dioxide

(SS) = Sesame Seeds

V = Vegetarian

VE = Vegan

### Sustainability

We have worked with our caterers to show the carbon footprint of each menu item. The figure shown is the calculated figure for each serving, expressed as grammes of carbon dioxide equivalent (standard unit for measuring carbon footprints).

### Drinks (sponsored by Best in Jobs)

Tropical Juice (V, VE)

Still & Sparkling Water (V, VE)

Red & White Wine (V, VE)

### Starters

Lamb Chops (D) (M) 2648.67g CO2e

Fish Amritsari (F) 483.6g CO2e

Aloo Tikki Chaat (D) (GL) (SD) (N) 124.49g CO2e

Harabara (GL) V, VE 77.36g CO2e

Chillie Paneer (D) (S) (SD) (GL) 136.78g CO2e

Amritsari Fallafel (GL) (SS) V, VE 216.09g CO2e

### Main Course

Chicken Changezi 899.27g CO2e

Palak Paneer (D) V 265.04g CO2e

Bharwan Baingan With Aloo (M) V 242.04g CO2e

Bindi and Karela Rim Jim (M) VE 314.8g CO2e

Daal Makhani (D) V 245.56g CO2e

Jeera Pulao (D) V, VE 151.93g CO2e

Cucumber Raita (D) V 15.24g CO2e

Salad V, VE 75.93g CO2e

Dhaniya Naan (D) (GL) V 63.4g CO2e

Tava Paranthas (D) (GL) V 63.4g CO2e

### Dessert

Malai Kulfi (D) (N) V 295.45g CO2e

Gulab Jamoon (D) (N) (GL) V 512.05g CO2e

Passionfruit Cheesecake (E) (D) (GL) V 295.96g CO2e